

## **Twitter Thread by Alexander Cortes PhD, Fitness, Nutrition, Fat loss**



**Alexander Cortes PhD, Fitness, Nutrition, Fat loss**

[@AJA\\_Cortes](#)



### **PROTECT YA NECK YOU SKINNY MAGGOTS**

**I wrote the definitive guide to NECK training**

**Every exercise, every kind of workout, every set and rep and range**

**How to start, how to progress,**

**Everything you need**

**Only \$11 until Sunrise**

And 24 remaining

And 23 remaining

And 21 remaining

And 20 remaining

And 19 remaining

And 17 remaining